CLAIMS

1. A ring-shaped metal gasket which is disposed between two sealing object members and in which at least two pieces of valley portions dented in a second direction perpendicular to a first direction extending from a contact portion of one sealing object member to the other sealing object member are provided, wherein a metallic ring is fitted to at least one of said valley portions.
2. The ring-shaped metal gasket according to claim 1 wherein at least one of said metallic rings is fitted to the valley portion on a lower pressure side of a fluid side to be sealed and a non-fluid side on the opposite side.
3. The ring-shaped metal gasket according to claim 1 wherein at least one of said metallic rings is fitted to the valley portion on a lower temperature side of the fluid side to be sealed and the non-fluid side on the opposite side.
4. The ring-shaped metal gasket according to claim 1 wherein said metallic rings are fitted to all the valley portions of the ring-shaped metal gasket.
5. The ring-shaped metal gasket according to any one of claim 1-4 wherein the maximum dimension in the diameter direction of a longitudinal section is larger than the maximum dimension in a direction perpendicular to the diameter direction.
6. The ring-shaped metal gasket according to claim 5 wherein said

metallic ring is a metallic O-ring, metallic irregular cross section ring or metallic rectangular cross section ring.